

Workout #5591 - Monday, 14 December 2020

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE	
600	6:00 AM	1 x 600 on 9:00 4 uw kicks	EN1	D	FR	0:45	
900	6:10 AM	6 x 150 on 2:20 mid 50 switch im	EN2	S	FRM	0:47	
3,600	6:25 AM	2x{2 x 300 on 3:45 pull b-3	EN2	P	PAD	0:38	
		{8 x 50 on :50 2ez 4gt 1000-flip 2ez	EN2	S	FR	0:50	
		{2 x 400 on 6:00 kick with fins	EN1	K	FIN	0:45	
	7:19 AM	1 on 1:00					
1,600	7:20 AM	2x{2 x 100 on 1:20 Free	EN2	S	FR	0:40	
		{4 x 100 on 1:10 Free	EN2	S	FR	0:35	
		{2 x 100 on 1:05 Free	EN2	S	FR	0:32	
300	7:40 AM	1 x 300 on 5:00 Free				0:50	
	7:45 AM	7,000 Yards - Stress Value = 112					